



Macular Degeneration

1. Age-related macular degeneration involves the retina used for detailed vision. It is usually a slow process. It results in a blurred, faint, or smudged image.

2. Sometimes new blood vessels grow below the retina. When this happens, vision may change and become blurred or distorted. Often the area of new blood vessels is quite small and a patient will not notice any changes.



View with Macular Degeneration

3. There is danger from new blood vessel growth. These vessels are fragile and may leak fluid or blood. They can also break and release a great deal of blood; this happens quickly, often overnight.

4. People over 60 years old are more prone to macular degeneration. They should have regular eye exams. The patient may not notice changes in the eye. They should check themselves regularly with the Amsler Grid (checkerboard pattern) to note any changes in their vision. If new blood vessels are growing, laser therapy may work to resolve them and to dry up fluid leakage.

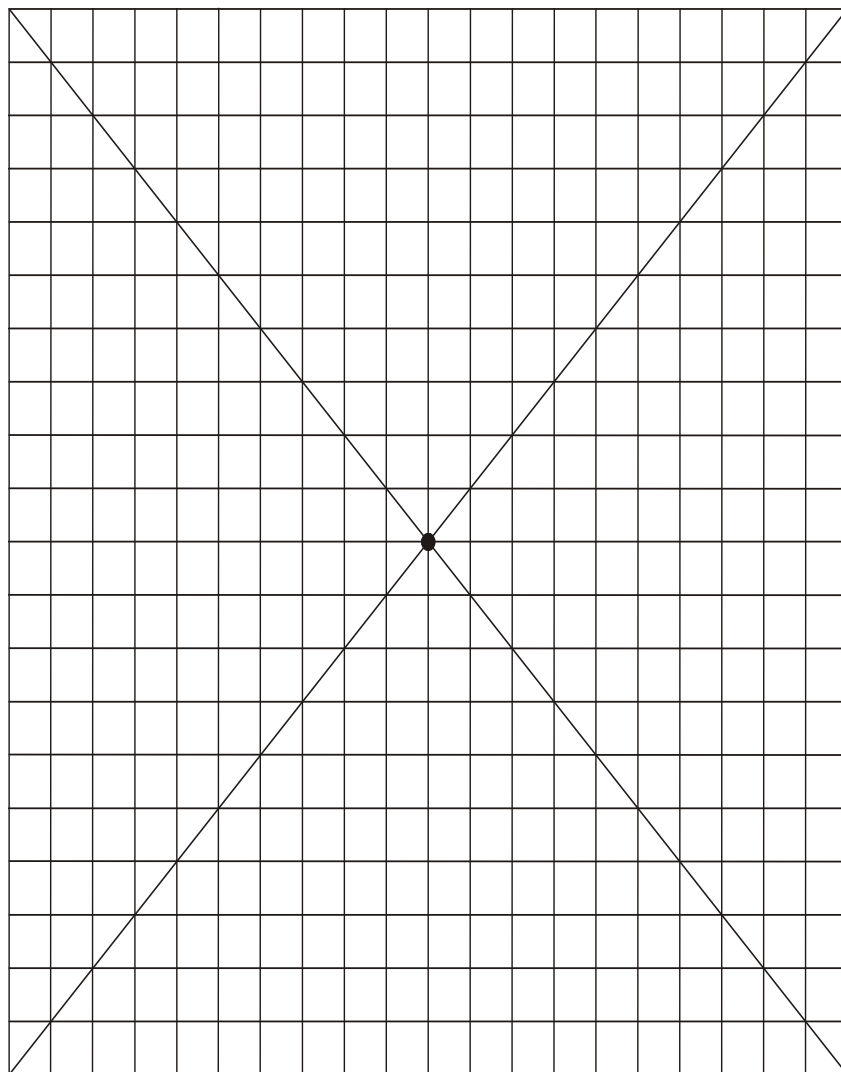
5. You should do the Amsler Grid test _____ per week.

6. Your next examination at the Eye Clinic should be in _____ months
on _____.

7. Your retinal condition is _____.

Please call the VA Northwest Network Call Center at 1-888-233-8305 with any problems or questions. They are available 7 days a week, 24 hours a day. They can advise you and can contact the eye doctor on-call for emergencies

Amsler Grid Testing



Procedure:

1. Hold this grid 12 inches or about 30 centimeters from your face.
2. Always wear your reading glasses. Look through the reading portion if you are wearing a bifocal.
3. Always test one eye at a time, cover the other eye with the palm of your hand.
4. Perform the test with good room lighting

Questions to ask yourself:

Always keep your eyes fixed at the center black spot. If you cannot see the black spot, then fix your eyes to where the diagonal lines cross.

1. Keeping your gaze fixed upon the black spot in the center
Can you see all four corners of the big square?
Can you see all four sides of the big square?
2. While always keeping your gaze fixed on the center black spot,
Are there interruptions in the grid, such as holes, spots, or blurring?
3. While always keeping your gaze fixed on the center black spot,
Is every small square equal in size and perfectly regular?
4. While always keeping your gaze fixed on the center black spot,
Do any of the vertical or horizontal lines appear to be wavering,
vibrating, or shining?
Is there any change in color or tint?

Important:

- ♦ Perform this test every day. You will soon have a mental image of what appears “normal” to you.
- ♦ If you observe any changes, make arrangements to be seen by an eye doctor as soon as possible.